

## Centenarians speak out:

100 words of wisdom from Elizabeth Kuehnoel



TRS retiree Elizabeth Kuehnoel, age 101, still teaches a class that draws students from both the retirement home where she lives and the surrounding Lynden area.

"I teach a smattering of everything: geology, psychology, critical reading.

You have to have many interests. I try to keep them on the educational, entertaining, delightful plane." Her own interests range from Theodore Roosevelt – "The best book that I have read is *River of Doubt* by Candace Millard, the story of how Roosevelt charted a 1,000 mile tributary of the Amazon River." – to *Star Trek: the Next Generation*.

"A clue to longevity is my way of thinking: I have a sense of humor that will not die; common sense, which is a rare commodity; and an excellent education in liberal arts."

Mrs. Kuehnoel says she had 100 people at her 100th birthday party. "Preachers, teachers, my 'financial advisor,' professional musicians, my dentist, my pharmacist. All these and many more, each one my personal, much appreciated friend. Such a delightful group of extraordinary people!" She believes that "people don't get old through years, they get old through loneliness."

This year, like last year, she plans to walk to Artist's Point on Mt. Baker after the snow melts from the trail. "Anybody can, if they have a grain of sense, keep living," says Mrs. Kuehnoel, "but are they alive? Do they participate in things that are going on?"

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**"Retirement is a new beginning; one door closes, and another opens."**

*Dr. Henry P. Kirk, retired president of Centralia College*

*Post-retirement, Dr. Kirk and his wife, Jenny Sheldon Kirk, helped develop a new university in Malawi, Africa.*

## 2006 legislative update

The 2006 session wrapped up on March 8. The following pension-related bills were passed by legislators and signed into law by Governor Gregoire:



- House Bill 2681 sets minimum contribution rates and establishes funding targets in PERS, PSERS, SERS and TRS.
- Senate Bill 6453 expands a 2004 bill to set a minimum benefit level for PERS Plan 1 and TRS Plan 1 retirees who have at least 20 years of service and have been retired for at least 25 years. It also adds an automatic 3% increase each year for all recipients of the minimum benefit adjustment. As retirees and survivors qualify, they will be notified of their new benefit amount by letter. ■

### Did you know you can contribute to charity directly from your retirement check?

Make a world of difference today and learn more about this simple and confidential giving program developed by DRS and the Combined Fund Drive.

Please call 1-888-353-9396 or send an e-mail to [cfd@dop.wa.gov](mailto:cfd@dop.wa.gov).

## The WSIB – Investing on your behalf

The pension trust funds are professionally managed by the Washington State Investment Board (WSIB). Did you know that, of the nearly \$2 billion in retirement benefits paid out each year, approximately 75 percent comes from investment earnings? The WSIB's investment performance is continually in the best-of-class nationwide.

Pension investments are long-term. The WSIB works with a 30-year investment horizon, which allows the years with high returns to offset the years when the returns are inevitably lower. The target rate of return over that period of time is eight percent. Over the last ten years, the WSIB has averaged earnings of 9.6 percent.

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The WSIB actively votes on proposals submitted to stockholders as a part of its goal to influence corporate transparency, integrity and accountability. Companies with sound programs and practices, the WSIB believes, foster long-term profitability.

The WSIB is one of the most highly respected public institutional investors in the country. If you're interested in knowing more, the investment board has a helpful and informative Web site at [www.sib.wa.gov](http://www.sib.wa.gov). ■

## Simplify your financial life

You can simplify your financial life by following these tips from the Department of Financial Institutions (DFI):

### *Direct deposit*

Have your Social Security benefits, pension payments and other income automatically deposited into your bank account each month. Direct deposits are safe, reliable and convenient.

**Important note:** The Department of Retirement Systems offers electronic deposit of your monthly retirement benefit. Signing up is easy. If you're interested, just complete the *Authorization for Direct Deposit* form available at [www.drs.wa.gov](http://www.drs.wa.gov) or call 1-800-547-6657 to have the form mailed to you.

### *Automatic payment*

Arrange for your bank to automatically pay your mortgage, utility bills, insurance premiums and other recurring charges. Doing so takes the hassle out of making scheduled payments and helps avoid late charges or service interruptions.

### *Telephone banking*

Use telephone banking to confirm that checks or deposits have cleared, get your latest balance or transfer money between different accounts at the same bank.

### *Internet bill pay*

If you own a home computer, consider banking and paying bills through the Internet. The service is usually free of charge or costs less than what you would spend on postage.

For more helpful financial information, visit the DFI Web site at [www.dfi.wa.gov](http://www.dfi.wa.gov). ■

## Help future retirees by sharing your wisdom

Is there something you wish you'd known about retirement planning before you retired? Are there questions you wish you'd asked earlier that had an impact on your decisions? Help future retirees transition to retirement by sharing your wisdom. E-mail your suggestions to [myideas@drs.wa.gov](mailto:myideas@drs.wa.gov). ■

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*Retirement Outlook* is available to members in alternate formats. Contact the editor at (360) 664-7097.

# Retirement Benefit Disbursement Schedule

Below is a schedule of the dates your monthly retirement benefit will be mailed or electronically deposited in your account. *Please note:* If you recently signed up for direct deposit or made a change to your account, a warrant (check) may temporarily be mailed to your financial institution. ■

## Electronic Deposit Dates August - December 2006

August	Thursday	August 31
September	Friday	September 29
October	Tuesday	October 31
November	Thursday	November 30
December	Friday	December 29

## Check Mailing Dates August - December 2006

August	Monday	August 28
September	Wednesday	September 27
October	Friday	October 27
November	Wednesday	November 22
December	Wednesday	December 27

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*Centenarians speak out, continued from page 1*

Her advice? “Keep busy. Keep up with things. And don’t ever lose your sense of humor. There’s always a funny side. If you can see it, you’ve got it made.”

*Are you 100 years old or older? Do you have advice for the rest of us? We want to hear from you. Give us a call at (360) 664-7269 or send an e-mail to: [communications@drs.wa.gov](mailto:communications@drs.wa.gov). ■*

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